CLÍNICA VIVALDI · FREE SHEET · EATING DISORDERS

Rumination disorder

Repeatedly regurgitating food after eating, to chew, swallow, or spit it out again, without a medical cause.

COMMON SIGNS

- Repeated regurgitation after meals
- Weight loss
- Avoids eating in front of others

TIPS FOR YOU

1. Medical assessment
2. Diaphragmatic breathing after meals
3. Behavioural therapy

FOR FAMILY AND FRIENDS

1. Keep mealtimes calm and unhurried
2. Go for a medical assessment

WHEN TO ASK FOR HELP

1. If they lose weight
2. If there is dehydration

TO OBSERVE AND NOTE DOWN

☐ Regurgitates food after eating
☐ Re-chews or swallows the regurgitated food
☐ Does it repeatedly
☐ Doesn't seem nauseous when doing it
☐ It lasts more than a month
☐ Has lost weight
☐ Avoids eating in front of others
☐ Medical tests don't explain why

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-rumiacion
- ADANER: Spanish association for anorexia and bulimia care: https://adaner.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112